WORKSHEET 3

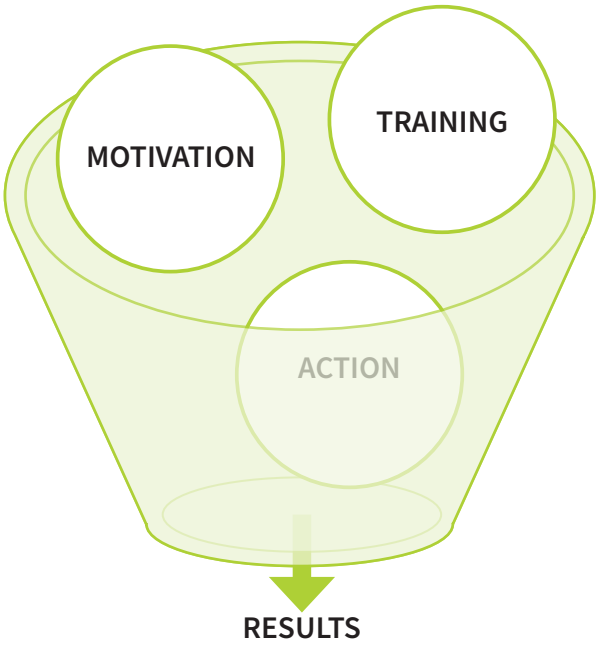
CAUSES AND EFFECTS

EXERCISES

Exchange ideas with a partner.

1. Place the actions in a larger context of effects. How does change occur?
   Think about the interactions between motivation, training, action, and consequences. Create a diagram, comparable to the ones below, and trace the processes of change.





2. Let the quotes from Buddhist masters below resonate with you. Is there a quote you would like to apply?

Whatever joy there is in the world comes from the desire to see others happy, and whatever suffering there is in the world comes from the desire to be happy only oneself. **– Shantideva**

Everything has a cause. The more you understand that negative causes always produce negative effects, the firmer your resolve will be to act positively. **– Shamar Rinpoche**

Our first thought every morning should be the desire to dedicate the day to the welfare of all. **– Dilgo Khyentse Rinpoche**

Holding on to anger is like holding on to a glowing piece of coal with the intention of throwing it at someone - the one who gets burned is yourself. **– Buddha**

Hopelessness is a real cause of failure. **– Dalai Lama**

Abilities come from being beneficial to others. - Never give your power to things you don't like - mental impressions of today create your future world. True development happens outside the comfort zone. **– Lama Ole Nydahl**

Thought is the basis of everything. It is important that we grasp each of our thoughts with the eye of mindfulness. **– Thich Nhat Hanh**